

CPAP for Obstructive Sleep Apnoea. For whom and when?

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Abstract

CPAP therapy is the treatment of choice for most patients with obstructive sleep apnoea and effectively improves daytime sleepiness, quality of life, neurocognitive function and driving performance. However, its benefit on cardiovascular (CV) morbidity and mortality remains uncertain and secondary prevention RCT's have failed to demonstrate a significant modifying effect. However, studies have been influenced by substantial limitations and in contrast, analyses from large real-world studies revealed significant associations of CPAP use with lower mortality. Moreover, there is growing evidence of a clinically meaningful impact of CPAP on CV risk factors and early CV disease processes. This presentation will summarize our current state of knowledge in this field and provide future directions.